

QUESTIONS FROM THE CHAPTERS

DATE:

Answer the questions!

CHAPTER	TITLE	QUESTIONS/ASK YOURSELF
3	Starts with YOU	What is your definition of health? Where are you with your overall health? Where do you want to be with your overall health? What is stopping you from achieving your health goals? 1. How well do you know yourself? 2. If there is anything that you want to change about yourself, what would it be and what would you do to change it? 3. How will the change have an impact on your mental and physical health? 4. What is your score?
4	Say a Prayer	1. Who do you serve and pray to? 2. When and why do you pray? 3. What impact does prayer have on your health? 4. What is your score?
5	State What You are Grateful For	1. What are you grateful for? 2. How do you show your gratefulness? 3. How will gratefulness impact your health? 4. What is your score?
6	Strategize Your Day	1. How do you spend your day? 2. What tools do you use to strategize your day (calendars, apps, goal setting)? 3. What impact will strategizing your day have on your health? 4. What is your score?
7	Source of Happiness	1. What is your definition of happiness? 2. What brings you happiness and how do you sustain it? 3. What impact does happiness have on your health? 4. What is your score?
8	Stimulate the Mind	1. What are you doing to stimulate your conscious and subconscious mind? 2. How are you strengthening your deeper levels of thinking? 3. What impact will this have on your health? 4. What is your score?
9	Strive to be Better Everyday	1. How do you strive to be the healthiest version of yourself? 2. How do you stay ready? 3. What impact will this have on your health? 4. What is your score?
10	Stay Socially Connected	1. Who do you stay connected to and how often? 2. What are things that you do to stay connected? 3. How will staying connected impact you? What difference will it make in your life? 4. What is your score?

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11	Stop and Smell the Roses	<ol style="list-style-type: none"> 1. When do you stop and smell the roses? 2. What do you do to embrace meaningful moments? 3. How will stopping and smelling the roses impact your health? 4. What is your score?
12	Stress Management	<ol style="list-style-type: none"> 5. What are your stressors? 6. What are you doing to manage your stress? 7. How is having your stress under control impact your health? 8. What is your score?
13	Supply Body with Water and Healthy Foods	<ol style="list-style-type: none"> 1. What are your eating habits? 2. What changes to your eating habits do you need to make? 3. What impact will changing your eating habits have on your health? 4. What is your score?
14	Stay Physically Active	<ol style="list-style-type: none"> 1. What do you do to stay physically active? 2. How can you incorporate any movements in your daily life? 3. What impact does physical activity have on your health? 4. What is your score?
15	See Doctor/Dentist Regularly	<ol style="list-style-type: none"> 1. How often do you see a doctor and dentist? 2. What are your health numbers? 3. How will seeing a doctor/dentist regularly impact your health? 4. What is your score?
16	Sleep Habits	<ol style="list-style-type: none"> 1. What are your sleep habits? 2. What steps are you taking to solve your sleep issues? 3. How does sleep impact your health? 4. What is your score?
17	Start NOW	<ol style="list-style-type: none"> 1. What is your sense of purpose? 2. What actions are you taking now to implement a healthier lifestyle? 3. How will implementing a healthier lifestyle impact your life? 4. What is your score?
18	So, What's It Going to Take?	<ol style="list-style-type: none"> 1. What is it going to take? 2. Why would you seek me out for guidance? 3. How will making the decision to invest in a healthier lifestyle impact your life? 4. What is you score?